

# Portugal



## Cacoila ( Stew in a Cacoila Dish)

Serves 8

Often made with pork or beef this one-pot meal is a very traditional especially during a "matança" or winter slaughtering of pigs or cattle. This recipe is from the island of Pico, in the Azores. It gets its name from the type of black clay pot called a "cacoila" used to cook it in. Depending on who you ask, the answer may differ as to what type of meat is used. Some might tell you the stew is made with beef but if it is cooked in the pot, it is called cacoila. On the mainland, this stew, using pork, would be called "Cachola".

### Ingredients:

- 5 pounds bottom round beef, cut into 2 to 3-inch pieces or you can use a 5 pound, 2-inch thick chuck roast with bone-in.
- 1/2 stick butter
- 3 meaty shin bones, about 2 1/2 pounds each
- 1 pound salt pork
- 1 large onion, coarsely chopped
- 3 to 4 large cloves garlic or taste
- 1 tablespoon paprika
- 1 tablespoon wine vinegar
- 1 2-inch cinnamon stick
- 6-8 balls Jamaican allspice
- 2 teaspoons coarse salt or to taste
- 2 small "maleguetas" chili peppers or pinches of dried crushed red pepper

### Directions:

1. Place all the ingredients in a deep heavy pot, large enough to accommodate all.
2. Pour in enough cold water to come up 3/4 the side of the ingredients.
3. Cover tightly and bring to a boil over medium-high heat. Reduce the heat to medium-low and simmer for 3 to four hours, until the meat is fork tender and nearly falling off the bone.

Tip: Serve, with sauteed greens and boiled potatoes.

Variation: If you wish, you can add a tablespoon of tomato paste.

Hmmm, hmmm GOOD!

# Shrimp Mozambique, (Camarao Mozambique)

4 servings

40 min 15 min prep

## Ingredients:

- 4 tablespoons butter
- 1/4 cup finely chopped onions
- 1/2 cup water
- 8 garlic cloves, finely chopped
- 4 tablespoons finely chopped coriander (or flat leaf parsley)
- 1 teaspoon turmeric
- 1/2 teaspoon saffron, toasted, crushed and soaked in 1 tbsp warm water for 15 minutes
- 1/2 cup red wine or light beer
- 2 Teaspoons fresh lemon juice
- 2 teaspoons kosher salt
- 1/2 teaspoon white pepper
- 2 Teaspoons hot chili sauce (or generous pinch crushed red pepper)
- 1 Lb shrimp, peeled and deveined (26-30 count)

## Directions:

1. Melt butter in a 3-quart pot over medium-low heat.
2. Toss in onion and fry until lightly golden.
3. Pour in the water followed by garlic, cilantro, turmeric, and saffron water.
4. Cover and simmer for 3 to 4 minutes, allowing the essence of the spices and herbs to mingle.
5. Pour in the red wine or beer with the lemon juice. Stir.
6. Cover and raise heat to medium-high and bring the sauce to boil.
7. Reduce the heat to medium-low and simmer for 2 minutes.
8. Toss in the shrimp, hot peppers or chili sauce if using and give them a turn in the sauce.
9. Cook for three minutes over medium-low until the shrimp are just curled tender and turned pink.
10. Spoon the shrimp into bowls and serve with plenty of crusty bread to dip in the flavourful sauce. (This can also be served over rice!).

# Stewed Chicken (Galinha Estufada)

## Ingredients:

- 4 tablespoon olive oil
- 1 medium onion, coarsely chopped (about 1 cup)
- 1 large very ripe tomato, peeled seed and coarsely chopped
- 1/2 tablespoon sweet paprika
- 2 cloves garlic, finely chopped
- 1 bay leaf
- 1/2 cup white wine (optional)
- 1 2 1/2 to 3 pound chicken, cut up, rinsed
- 3 1/2 cups water
- 1 1/2 cups converted rice or other long-grain rice
- 2 teaspoons coarse salt or to taste
- 1/4 teaspoons black pepper to taste
- 1/2 cup peas, frozen or fresh, shelled
- 2 tablespoons finely chopped fresh parsley

## Directions:

1. Heat the oil in a 5-quart Dutch oven over medium-high heat. Add and saute the onions until a light golden color, about 10 to 15 minutes.( This is called "refogado"
2. Put in the tomatoes, paprika, garlic and bay leaf. Reduce the heat, cover, and simmer until the tomatoes are soft and partially dissolved, about 15 minutes.
3. Pour in the wine, if using, and simmer for 2 more minutes. Add the chicken and water, adding extra water if needed to just cover the chicken. Recover the pot tightly and bring to a boil over medium-high heat. Reduce the heat and simmer the chicken for 15 minutes.
4. Toss in the rice, salt and pepper. Stir, recover, and continue to simmer for another 20 minutes. Stir in the peas and 1 tablespoon of the parsley. Simmer for 5 minutes more or until the meat is nearly falling off the bone. Remove the pan from the heat. Let the stew stand for 10 minutes before serving. Garnish with additional parsley. The rice should be tender and the liquid should be absorbed.